

Adaptable (Plum) Chutney

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-plum-chutney-recipe>

Ingredients:

- 4 cups plums chopped, about 2 pounds
- 1 cup minced onion about 1 small onion
- 3/4 cup raisins
- 2 cups brown sugar
- 1 1/2 cups apple cider vinegar
- 1 lemon zested
- 2 teaspoons sea salt
- 1 teaspoon cinnamon
- 2 teaspoons ginger freshly grated
- 1/2 teaspoon ground cloves
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon red chili flakes

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 152 grams
3. Fiber: 7 grams
4. Protein: 4 grams
5. Sodium: 1610 milligrams
6. Sugar: 135 grams

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